USER MANUAL

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REF GNETICS
LOT 201001

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Description

The extender **Gnetics** consists of several components: a plastic ring at the base composted of two parts, two regulatory metal bars with internal springs attached to plastic extensions and a top plastic piece with a tube and a ribbon of silicone. The plastic components are made of polyamide, the metal bars are dipped in gold as well as the axels. The springs are made of stainless steel and the tube and the ribbon are made of surgical silicone.

The indications for use are the treatment of Peyronie's disease and postsurgical treatment to reduce the risk of shrinkage of the penis, after plastic and reconstructive surgery of the penis and after penis enlargement and lengthening.

Components

The device consists of (fig. 1): 1. plastic ring at the rear base (with a recess for the urethra), 2. ring at the frontal base with two cavities, 3. round metal rotation axel with a hole, 4. regulatory metal rod, 5. threaded metal regulator, 6. plastic retaining clip, 7. metal tube, 8. spring, 9. ceiling for the metal tube, 10. 4 cm plastic rod, 11. 2 cm plastic rod, 12. 0,5 cm plastic rod, 13. superior plastic support with four cavities, 14. tube of surgical silicon, 15. ribbon of surgical silicone, 16. protective pad, 17. timer, 19. protective pad.

Precautions

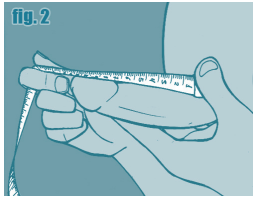
You must remove it when you urinate or defecate. You should not use it under any circumstances if you have taken drugs or an excessive amount of alcohol. In addition, it is not recommended to use it while doing heavy exercises or some kind of sport. If you get an erection while wearing the device, you will notice that and it will constrict a bit more, but do not worry, it is perfectly normal. It is advisable not to use it during the night.

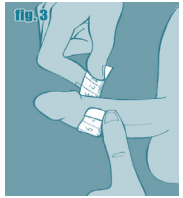
If you detect as if small white lumps in the area of the glans, visit the doctor, because it can be fungus. Always when you are in touch with the device be very careful with the hygiene.

If suffering wounds, ulcers or some sort of ailment or any sexually transmitted disease, DO NOT USE IT until you are recovered.

IMPORTANT: The use of medication for simulating hair growth or strengthen it, antidepressants, sleep inducers or tranquillizers and sedatives may reduce the effectiveness of the treatment.

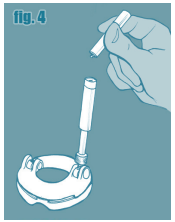
User instructions





Installation and adjustment instructions

First of all, you should measure your penis with a tape measure, both in flaccid state and in the state of erection (fig. 2 and 3).

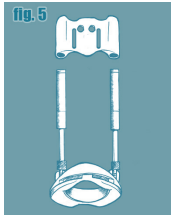


Gnetics' initial size is of 9 cm. It is being measured from the bottom edge of the ring to the top of the metal shaft (fig. 4 INITIAL).

Customize the size of your Gnetics by adapting it to your penis.

To calculate the personal size of your Gnetics, subtract 4 cm. to the length of your penis in an erect state.

Example: 14.5 cm. – 4 cm = 10.5 Personal size of Gnetics = 10.5 cm.



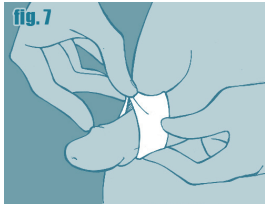
The next thing to do is to prepare the device to fit the size that you calculated earlier.

Once this has been done, remove the plastic support by pulling it upwards (fig. 5).

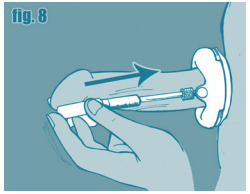
Add at the end of the device as many pieces as necessary for your Gnetics to have the mentioned size (fig. 4 PERSONAL).

Example: Personal size 10.5 cm. = Gnetics initial (9 cm.) + 3 pieces 12 (0.5 cm.)

User instructions

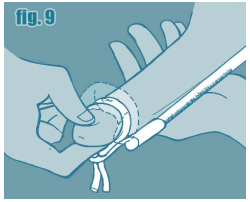


Introduce the silicone tube (piece 14) into the protective pad (piece 16). Its use is **COMPULSORY**, since it gives you a greater comfort and support for the glans. Once that has been done, introduce the ends of the same through the holes of the superior plastic support (piece 13) in the manner that the tube is forming a loop.



Gnetics does also offer another support option. Introduce the ends of the silicon ribbon (piece 15) into the holes of the superior plastic support (piece 13) in the way that the ribbon gets fixes upon it.

With the penis in a flaccid state, get all the skin of the foreskin that is covering the glans to the base of it (fig. 6). It is recommended to protect the penis with gauze, cotton or with the protection ring (piece 16) (fig. 7). Then pull the penis out so that it stay stretched in flaccidity.



The next thing to do is to introduce the penis into the base ring (Piece 1 and 2) so that the glans stay in the opening of the superior plastic support with four cavities (piece 13) and then compress the device against your body to reduce some of its length (fig. 8).

Continue to press with the left hand, and meanwhile, put the fingers of the right hand inside the loop formed by the silicone ribbon and take out the glans from inside of it until its border is on top of the ribbon (fig. 9).

To be familiar with the device, the first day you should wear it and take it off 10 times in a row. The breaks are essential and you should take them during the hours of the daily use of Gnetics. It is convenient to take of the device every second hour to relax the tissues. In a more advanced staged you could rest every hour and a half. Take the opportunity to gentle massage the penis during these breaks.

It is recommended that the device is carried facing upwards. It is convenient to use briefs or pants and loose trousers. You should alternate the inclination of the device, dividing the total time to 50% on each side and wash it every 4 days with soap and water.

If you do not use it during 15 days or a month, you should start with a centimetre less than the earlier size of the device, after 5 days, you can increment the size with 0.5 cm. After another 5 days increase the size with an additionally 0.5 cm. From then on, continue the treatment as before.

If you experience discomfort every second hour, that means that the tissues need to relax. If this happens, remove the device and gently massage the glans and the shaft of the penis. It's enough with two minutes. After this, you can put it on again.

When removing the device you will notice a slightly discomfort or itchiness. Do not alarm, it is completely normal. This feeling comes from the relaxation of the tissues that have been subjected to a slight tension.

It is possible that during some moment of the treatment, you will sporadically fell small discomforts. It is normal and it does not effect the proper development of the treatment. Nevertheless, you can interrupt it during a day if necessary and continue the day after just like normal.

If you feel discomforts in the penis, if it hurts, gets blue or looses its sensibility, get the device off, and give your penis a massage. In this way, the discomforts will go away and it will go back to normal. If you feel any discomfort on the groove under the glans, put on the protection ring (piece 16) or gauze.

The first results are usually visible after one and a half month of treatment (15 continuous days for adaption the first treatment month).

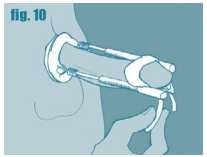
DEVELOPMENT PERIOD	Recommended period (days)	Size or included piece	Days	Daily hours
SECOND AND THIRD MONTH (APROX.) INITIAL DEVELOPMENT	1-8	Add a small rod of 0,5cm.	8	8
	9-16	Add a small rod of 0,5cm.	8	8
	17-24	Add a small rod of 0,5cm.	8	8
	25-32	Add a small rod of 0,5cm.	8	8
	33-40	Add a small rod of 0,5cm.	8	8
	41-48	Add a small rod of 0,5cm.	8	8
	49-56	Add a small rod of 0,5cm.	8	8
FORTH AND FIFTH MONTH INTERMEDIATE DEVELOPMENT	1-10	Add a small rod of 0,5cm.	10	8
	11-20	Add a small rod of 0,5cm.	10	8
	21-30	Add a small rod of 0,5cm.	10	8
	31-40	Add a small rod of 0,5cm.	10	8
	41-50	Add a small rod of 0,5cm.	10	8
	51-60	Add a small rod of 0,5cm.	10	8
SIXTH MONTH OUTCOME	1-15	Add a small rod of 0,5cm.	15	8
	16-30	Add a small rod of 0,5cm.	15	8

Observations concerning the use

First of all and very important, is the necessity for the user of being patient and constant. Without doubts, this is the key to getting good results.

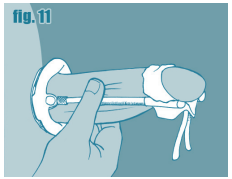
If you have decided to use the silicon ribbon (piece 15) instead of the silicon tube (piece 14), the procedure is still identical. Pay attention to the proper positioning of the ribbon on the support piece (piece13). (Fig. 9B).

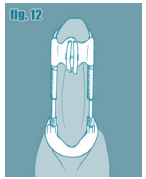
Then place the thumb of the left hand on the frenulum in order to support the glans. Then reduce the loop with the glans inside. To do this, pull each end of the silicone tube a bit (fig. 10). If you have chosen the support method where using the silicon ribbon (piece 15) it still works in the same way.



After that, stretch the skin towards the body both on the front side and on the backside. This is a precautionary measure to avoid leaving creases in the groove or pinching the frenulum. You must do this gently, without haste (fig. 11).

The glans should be sufficiently compressed by the loop so that it does not get out, but without the slightest pain. Then let your left hand free, and carefully tie the ends of the loop into the back clefts of the superior support (piece 13). Once this has been done, continue to press without stretching downwards; hence avoiding any unnecessary pinching (fig. 12).





If you are using the silicone ribbon, you do not have to perform this procedure. Just make sure that the glans is compressed enough to not get out, but without feeling the slightest pain.

Finally, check so that the frenulum, or any other fold, is not wrinkled. If so, pull the skin downwards both on the back and on the front, and in that way avoiding any pinch. Without doubts, this will result much easier with the **Ergoturn** technology of which **Gnetics** is equipped.

The new system **Ergoturn** has been developed out of a study of biological and technological data to improve men's adaption to this type of equipment. This technology allows the device to adjust to the particular characteristics of each penis, which significantly improves the placing and the comfort of it. This is because the wide turning radius that the extender has makes the extender not losing traction when turning the **Gnetics** to one side.

In addition, Gnetics incorporates another innovative element that no other extender has: a multifunctional timer that makes it possible to control the exact time of the treatment. In our opinion, to estimate the exact time every day, week or month of the treatment, is significant for users who use such devices for penis enlargement. For this reason, the team of professionals who make up Gnetics, we considered it essential to integrate this small measuring instrument in order to control the time so that it does not exceed the medical recommendations, thus avoiding possible injuries associated with the use or overuse of the extensor and also optimizing the results that can be obtained with the treatment.

The use of the timer is very simple:

To start it, only briefly press the black button, if you press it once again, the timer will stop but keeping the time that has been running. If you press once again, the counting will start again, from where it was when you stopped it.

To reset the timer, press the black button and hold for three seconds and the timer will reset to zero (0:00).

To turn of the timer, hold the black button for at least 10 seconds. To turn it back on just press the black button once again.

Treatment

The treatment consists of 2 periods. The first, called the adaption period, lasts 15 days. The second, called period of development, is divided into 3 phases: phase of initial development (1st and 2nd month), Intermediate phase (3rd and 4th month) and the phase of outcome, this starts from the 5th month. Any modification to the prescribed treatment, even if it is small, can alter the results.

Adaption period:

		Recommended period (days)	Size or included piece	Days	Daily hours
ADAPTION PERIOD	FIRST MONTH	1-15	Personal size	15	2
		16-20	Personal size	5	4
		21-30	Add a small rod of 0,5cm.	10	6

Period of development:

It is not mandatory that the hours of use are uninterrupted, but the numbers of hours specified for each day must be complied. Rest whenever you find it appropriate and give the penis a massage.

You should alternate the inclination of the device, in other words, daily change the direction of the penis from one side to another. Divide the total time to 50% on each side.

If the purpose of the use of the device Gnetics is other than penis enlargement and lengthening, i.e., treatment of the curvature of the penis, Peyronie's disease or of postsurgical character, follow the recommendations of your physician or surgeon. If you have any questions about its use or treatment do not hesitate to contact our team of professionals.